

Lakeland

COMMUNITY COLLEGE

PROGRAM GUIDE

Applied Studies Division

Personal Trainers

- Personal Trainer Certificate

Opportunity
starts **HERE**
lakelandcc.edu



Personal Trainer



Personal trainers provide exercise knowledge and motivation to help people of all ages reach their physical fitness goals.

Personal trainers are professionals who assess the fitness levels of their clients to create exercise programs to help them be more physically fit. Exercises can assist with cardiovascular health, stretching and flexibility and strength training. Trainers measure clients' improvements and adjust exercise programs accordingly. Trainers can also become specialized in specific types of training, client populations or philosophies.

Career Opportunities

Personal trainers work in a variety of settings including health clubs, fitness or recreation centers, gyms, and yoga and Pilates studios.

Employment of fitness trainers and instructors is projected to grow 13 percent through 2028, much faster than the average for all occupations. As businesses, government and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors (Source: Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Fitness Trainers and Instructors, on the internet at <https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm> (visited Oct. 07, 2019).

For more information

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Personal Training Certificate Program
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Personal Trainer Certificate/Area of Specialization (0201)

This certificate is designed for students interested in becoming a personal trainer. Courses within this program will help students prepare for a certification exam. It is recommended that students pursue certification, but it is not required, nor is it part of the certificate program. Many of these courses may be applied towards an Associate of Arts or an Associate of Science Degree, and may also be applicable for transferring to a four-year college. Students should consult a Lakeland counselor prior to beginning this program in order to ensure maximum transferability.

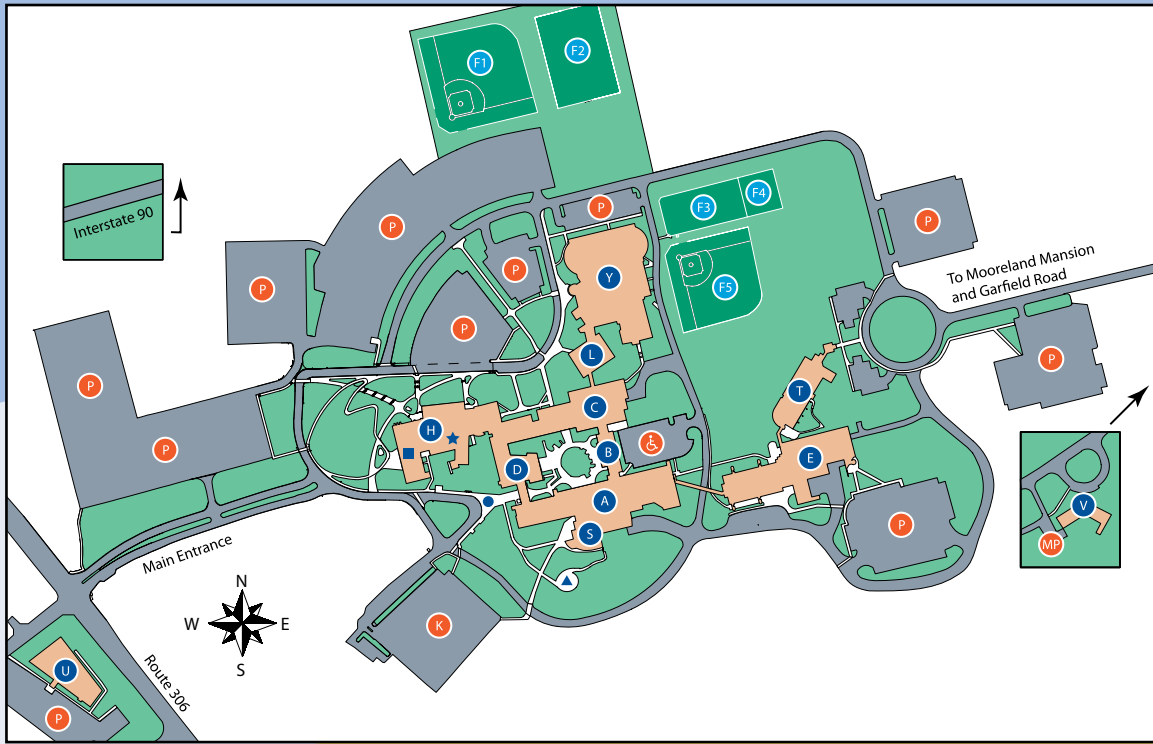
For more information, contact 440.525.7180.

NOTE: Some courses in this certificate include prerequisites that are not included in the certificate. Students with equivalent knowledge and experience may request to have these prerequisites waived. Students who have not already taken the prerequisites and do not have equivalent knowledge and experience will need to take additional courses.

BIOL 2210 Anatomy and Physiology I has a prerequisite of high school chemistry or CHEM 1100 Elementary Chemistry, high school biology in the last five years; or BIOL 1200 Fundamentals of Biology for the Health Technologies.

Course	Title	Credit Hours
BIOL 2210	Anatomy and Physiology I	4
BIOL 2220	Anatomy and Physiology II	4
BUSM 1620	Introduction to Entrepreneurship	3
COMM 1100	Effective Interpersonal Communications	3
PEHR 1250	First Aid	2
PEHR 1550	Introduction to Personal Training	2
PEHR 1600	Exercise Physiology I	2
PEHR 1660	Diet and Weight Management Strategies for Sport and Fitness	2
PEHR 1670	Instructional Techniques: Strength and Cardio Fitness Training	2
PEHR 1750	Personal Health	3
PEHR 2500	Athletic Training	2
PEHR 2750	Personal Trainer Internship/Seminar ¹	2
Total Credit Hours		31

¹ It is recommended that PEHR 2750 Personal Trainer Internship/Seminar be completed as one of the last classes in the certificate. Please contact 440.525.7180 for an appointment one semester prior to enrolling in this course.



CAMPUS MAP

- A** A-Building
- B** B-Building
- C** C-Building
- D** D-Building
- E** E-Building
- F1** Baseball Field
- F2** Soccer Field
- F3** Tennis Courts
- F4** Multi-Purpose Court

- F5** Softball Field
- H** H-Building
- K** Faculty Staff Lot
- L** Teaching Learning Center
- P** Parking
- S** Student Service Center/
Breakers Dining
- T** T-Building
- U** Holden University Center

- V** Mooreland Mansion
- Y** Athletic & Fitness Center
- Clocktower
- ★ Dental Hygiene Clinic
- ♿ Handicap Parking
- HIVE
- ▲ Mind Ladders

Quality Education

Professors at Lakeland are experts in their fields with real-world experience. Lakeland prepares you for a high-demand career or for transfer to a four-year college or university. Access to bachelor's and graduate degrees is available on campus from partner institutions through Lakeland's Holden University Center (lakelandcc.edu/uc).

Affordable Tuition

Lakeland's tuition is about one-third the cost of most four-year schools. More than 50 percent of Lakeland students receive some form of financial assistance (lakelandcc.edu/tuition).

Convenience

Lakeland offers convenient day, evening, weekend and online courses (lakelandcc.edu/schedule).

Focus on Students

Lakeland offers a variety of student services to help you succeed, such as counseling, tutoring, computer labs, career services, free parking and affordable child care.

Opportunity starts HERE

Visit us on campus or online. Call 440.525.7900, email recruitmentcenter@lakelandcc.edu or visit lakelandcc.edu/visit for a campus tour.

Apply online: lakelandcc.edu/apply

Accreditation

Lakeland Community College is accredited through the Higher Learning Commission (HLC) and participates in the Academic Quality Improvement Program (AQIP). The Higher Learning Commission, 230 South LaSalle Street, Suite 7-500, Chicago, IL 60604-1413, phone: 800.621.7440, hlcommission.org.

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